

5 A Day Recipes

Desserts and Snacks

Sports Mix

Serves 4

Provides 1 fruit serving per person

Spring is the time when kids start turning out for sports. Baseball, soccer, track, and tennis all mean that young athletes need extra energy from healthy snacks. Try this sports mix made by combining $\frac{1}{4}$ cup each of raisins, dried cranberries, dried tart cherries, and chopped dried apricots. Add $\frac{3}{4}$ cup of a whole grain breakfast cereal and $\frac{1}{4}$ cup nuts of your choice. Mix and divide among 4 small re-sealable bags. Each bag contains a high energy serving of fruit-and even better, the fruit helps their bodies fight off disease.

- $\frac{1}{4}$ cup raisins
- $\frac{1}{4}$ cup dried cranberries
- $\frac{1}{4}$ cup dried tart cherries
- $\frac{1}{4}$ cup chopped dried apricots
- $\frac{3}{4}$ cup whole grain crunchy cereal
- $\frac{1}{4}$ cup roughly chopped toasted almonds

Combine the raisins, cranberries, cherries, apricots, cereal, and nuts.

Place in 4 small zip-top bags to send to school, sports activities, or dancing class.

Nutritional Analysis per serving:

225 calories
5 g fat
19% calories from fat
0 g saturated fat
0% calories from saturated fat
46 g carbohydrates
134 mg sodium
4 g dietary fiber